DIABETES & SMOKING

Know your Risks.

MONTANA TOBACCO QUIT LINE

1-800-QUIT-NOW

If you have diabetes and smoke – you double your risk of dying from a heart attack – and greatly increase your risk of stroke too.

Now that you know, talk to your doctor if you have diabetes and use tobacco. And call the **FREE** Montana Tobacco Quit Line today.

Your Life – Depends On It.

Montana Diabetes Project

Department of Public Health & Human Services

1-800-QUIT-NOW